



POLICY 1.17
HEALTHY SCHOOLS

Adopted: 2006-11-27
Reviewed: 2008-05-15
Revised: 2006-12-13, 2007-02-15, 2007-03-05

The Board supports the premise that schools should educate their students to the benefits of eating nutritious foods and to reject non-nutritious foods.

The Board recognizes that where food and beverage products are offered for sale during the school day, schools must offer nutritious food choices for students and staff.

The Board recognizes that physical activity is an important aspect of a healthy lifestyle and supports schools in helping students meet fitness and health achievement as outlined in the BC curriculum and in Canada’s Physical Activity Guide.

The Board recognizes that there is a clear connection between nutrition, physical activity and learning. Healthy, well-nourished children and youth learn better.

REGULATION 1.17.1-R
HEALTHY SCHOOLS

Adopted: 2006-11-27
Reviewed: 2008-05-15
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School Health and Lifestyle Policy Guidelines:

1. Each school will establish a Health and Lifestyles Committee comprised of at least a principal or vice-principal, a staff member, a parent and a student.
2. Each school will develop a Health and Lifestyle Action Plan to implement the District Healthy Schools Policy in consultation with students, staff and Parent Advisory Councils. Principals will review the nutrition, physical activity and health education sections of the school policy annually to ensure practices are consistent with Policy and Ministry Guidelines.
3. School policy governing nutrition, the sale and distribution of food products in/by schools or during school sponsored events will be based upon the most current guidelines by the B.C. Ministry of Health.

School policy will reflect the following:

- a. choices from the “choose most” list must be provided wherever food or beverages are sold in schools. Policies may include exceptions for special days or fundraising events.
 - b. advertising of “choose least” items must be removed from all vending machines.
 - c. pricing should encourage the selection of healthy food and beverage choices.
4. Schools will ensure that all food and beverages sold or distributed in schools complement the nutrition education of students.

All schools are expected to provide suitable nutrition, physical activity, and health education programs as outlined in Ministry of Education curriculum. Health education will focus on knowledge acquisition, as well as attitude, social and behavioural changes.